

Mantell

NEWSLETTER FOR VOLUNTARY ORGANISATIONS IN GWYNEDD

Issue 78 – July 2017

CONTENTS

From Mantell	2
News	3
Volunteering Centre	4,5,6
Health and Wellbeing	7
Social Return on Investment	8
Funding Opportunities	9
Events and Training	10

VOLUNTEERS' WEEK

Some of the volunteers



Thomas Jones
(Student Volunteering Bangor)



ARIENNIR GAN Y LOTERI
LOTTERY FUNDED

MANTELL GWYNEDD

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Facebook: **Mantellg**



Twitter: **@mantellgwynedd**

Volunteers' Week is an annual event which takes place each year between the 1st-7th of June. The three 'Rs' summarises the aims of Volunteers' Week: **Recognise, Recruit** and **Reward** volunteers.

This year, Gwynedd Volunteer Centre held two volunteer recruitment days at our offices in Caernarfon and Dolgellau. The highlight of the week was our annual Celebration and Thank You event at Portmeirion on the 7th of June. The sun shone on our successful day in the company of our guest speaker Cllr Angela Russell, and more volunteers than ever received certificates. Angela gave a personal speech emphasising the importance of volunteering in our communities.

This year, there were four nominations from Gwynedd in the 2017 Wales Volunteer of the Year awards. There was one in the young volunteer category (Thomas Jones – Student Volunteering Bangor), two groups in the group category (Llanbedr Woodland and Gwynedd Guide Dogs) and one in the green volunteer category (Abbi Gosling – Student Volunteering Bangor).

MANTELL GWYNEDD STAFF**Chief Officer:**

Bethan Russell Williams

DEVELOPMENT & SERVICES TEAM**Senior Development and Service Officer:**

Delyth Vaughan Rowlands

Social Value Manager:

Eleri Lloyd

Social Accountant:

Dr Adam Richards

HEALTH TEAM**Health and Wellbeing Facilitator:**

Sioned Llwyd Larsen

Social Prescription Project,**Community Link Officer:**

Rhian Griffiths

FINANCE & ADMINISTRATOR TEAM**Deputy Chief Officer and Head of Finance and Operations Team:**

Ceren Williams

Administration Officer:

Bronwen Rowlands

Finance Assistant:

Tracy Williams

Administration Assistant:

Tracy Lynne Rotheram

Administration Assistant:

Ellen ap Dafydd

VOLUNTEER CENTRE TEAM**Volunteer Centre Co-ordinator:**

Carwyn Humphreys

Volunteer Officer:

Gwenllian Glyn Dafydd

Info and Articles for the next issue of Mantell

The deadline for information or articles to be included in the next edition of Mantell is:

9 NOVEMBER, 2017

Send or e-mail any information to

Ellen ap Dafydd

at Mantell Dolgellau

e-mail:

ellenapdafydd@mantellgwynedd.com

Tel: 01341 422 575

A Note from the Chief Officer

Every year since 1984, June 1st to the 7th has been designated as Volunteers' Week. It is one of our highlights in the voluntary sector and especially in Mantell Gwynedd. This special week is an opportunity to recognise the contribution of the 23 million volunteers across the UK.

In 2013 the King's Fund published a piece of research on the use of volunteers within the Health Trusts and Social Care sector in England. The research concluded that three million volunteers give their time to support the health and social care sector – this is the same number as is also employed by the same sector.

Closer to home, on the 7th of June, I joined in what I consider to be the highlight of Volunteers Week celebrations in Gwynedd – the annual Celebration and Thanks Tea at Portmeirion. At this wonderful location every year we take the opportunity to recognise some of the county's volunteers. As you will see from the photographs in this newsletter it turned out to be quite some celebration again this year.

As somebody who has attended this celebration tea for the last fifteen years, what really struck me this year was the diversity of volunteers and volunteering. Organisations such as the Air Ambulance, Youth Justice Service, Llŷn Maritime Museum, Gwynedd & Môn Stroke Club, GISDA, Wild Elements, Eryri Young Farmers, Llanbedr Woodland and many others received recognition this year. What struck me was the cross section of groups and individuals from across the county, the cross section of the age of volunteers, and the wide range of the activity involved. It just goes to show that there really is an opportunity for all ages to participate in a whole host of activities anywhere in the county. Volunteering enriches communities and people's lives wherever they might be.

Councillor Angela Russell who was the keynote speaker told of her upbringing in Llanbedrog as one of three sisters, one of whom was born with Downes' Syndrome. She conveyed the struggles which her family had faced with little or no support, and how this had changed their lives forever. She said "Today things are very different, there is much more support and understanding and this is partly because of the voluntary sector. Today there are so many charities and support groups but this was not available when we were growing up. The charity sector offers so much more support today to what was available fifty years ago and this kind of support is priceless".

This year's Volunteers' Week was again a wonderful celebration. My thanks to all who were involved in the organising of the activities throughout the week but my special thanks to the army of volunteers right across the country who give freely of their time in order to help others and make our communities better places.

Always remember "Volunteers are not paid, not because they are worthless but because they are priceless".

Until next time

Bethan

From listening to communities throughout Gwynedd, **Hunaniaeth: Gwynedd Language Initiative** is piloting a **Community Interpretation Scheme**

This is:

- a pilot to extend the use of Welsh in the community
- for Town and Community Councils, Social Enterprises and Community Groups who **do not** use interpretation
- to enable **interpretation at meetings only**
- to facilitate participation in Welsh, and include ALL!

In order to benefit from this resource contact **Hunaniaeth** without delay to arrange an initial Welsh Language and Interpretation Scheme Awareness Session.

Hunaniaeth@
gwynedd.llyw.cymru
01286 679452

Applications received before **30 September** will have priority



BWS ARFORDIR LLŶN COASTAL BUS

£1-£2

Bws Dydd Iau, Gwener, Sadwrn, Sul
Thursday, Friday, Saturday & Sunday Bus

Trefor - Nefyn - Aberdaron - Abersoch - Llanbedrog				Llanbedrog - Abersoch - Aberdaron - Nefyn - Trefor			
Pen Lŷn Trefor	08:40	---	13:00	16:00	Llanbedrog	08:50	10:40 13:50 15:42
Llithfaen	08:48	---	13:08	16:08	Abersoch <i>cyrr/arr</i>	09:00	10:48 14:00 16:00
Maes Parau yr Egl	08:50	---	13:10	16:10	Abersoch <i>gad/dep</i>	09:00	11:00 14:00 16:00
Nefyn <i>cyrr/arr</i>	09:00	10:36	13:20	16:20	Sarn Bach	09:02	11:02 14:02 16:02
Nefyn <i>gad/dep</i>	09:00	11:00	14:00	16:20	Porth Neigwl	09:08	11:08 14:08 16:08
Morfa Nefyn	09:03	11:03	14:03	16:23	Rhiw	09:23	11:23 14:23 16:23
Tudweiliog	09:09	11:09	14:09	16:29	Aberdaron <i>cyrr/arr</i>	09:33	11:33 14:33 16:33
Llanegwinnadl	09:18	11:18	14:18	16:35	Uwchmynydd	09:37	11:37 14:40 16:50
Porthor	09:30	11:30	14:30	16:42	Aberdaron <i>gad/dep</i>	10:00	12:00 15:00 17:00
Aberdaron <i>cyrr/arr</i>	09:36	11:36	14:36	16:46	Porthor	10:06	12:06 15:06 17:06
Uwchmynydd	09:37	11:37	14:40	16:50	Llanegwinnadl	10:18	12:18 15:18 17:18
Aberdaron <i>gad/dep</i>	10:00	12:00	15:00	17:00	Tudweiliog	10:27	12:27 15:27 17:22
Rhiw	10:10	12:10	15:10	17:10	Morfa Nefyn	10:33	12:33 15:33 17:25
Porth Neigwl	10:25	12:25	15:25	17:25	Nefyn	10:36	12:36 15:36 17:30
Sarn Bach	10:31	12:31	15:31	17:31	Llithfaen	10:45	12:45 15:42
Abersoch	10:33	12:33	15:33	17:33	Pen Lŷn Trefor	---	13:00 16:00
Llanbedrog	10:40	12:42	15:42	17:42			

www.bwsarfordirllyn.org © 01758 721 777

Gwynedd Youth Volunteering Fund 2017-18

The next closing date for grant applications is the 29th of September 2017. There is up to £500 available for your organisation. For more information contact the Volunteer Centre.

enquiries@mantellgwynedd.com • 01286 672626

Wales Volunteers of the Year Award 2017

Special recognition

Anthony Caradog Evans – STORIEL
 Lowri Lloyd Williams – Gwynedd & Môn Youth
 Justice Service
 Rita Jones – Môn & Arfon Stroke Club
 Gwenda Williams – Môn & Arfon Stroke Club
 Elinor Ellis – Llŷn Maritime Museum
 Jilly Roberts – Llŷn Maritime Museum
 Gwerfyl Gregory – Llŷn Maritime Museum
 Thomas Speddy – Wales Air Ambulance Bangor
 John Willmott – Wild Elements
 Chris Copeland – North Wales Society for the
 Blind
 Glyn Owen – Eryri Young Farmers
 Violet Duke – Wales Air Ambulance
 Dafydd Roberts – 200 hours Millennium
 Volunteers certificate

Additionally, the following volunteers received special recognition

Declan McGrath – STORIEL
 Nigel Williams – Gwynedd & Môn Youth Justice
 Service
 Nicola Pengelly – GISDA
 Steven Roberts – GISDA
 Catherine Williams Môn & Arfon
 Stroke Club
 Margaret Adkins – Llŷn Maritime
 Museum
 Amy Bather – Abbey Road Centre
 Dorothy Hanks – North Wales
 Society for the Blind
 Nesta Griffith – Eryri Young Farmers
 Geraint Harper – Eryri Young
 Farmers
 Mike Duke – Wales Air Ambulance
 Ann Williams – Gwynedd Volunteer
 Scheme 100 hours certificate



Abbi Gosling – Student Volunteering Bangor



Llanbedr Woodland



Gwynedd Guide Dogs



Anthony Caradog Evans – STORIEL



Lowri Lloyd Williams – Gwynedd & Môn Youth Justice Service



Rita Jones – Môn & Arfon Stroke Club



Gwenda Williams – Môn & Arfon Stroke Club



Elinor Ellis – Llŷn Maritime Museum



Jilly Roberts – Llŷn Maritime Museum



Gwerfyl Gregory – Llŷn Maritime Museum



Thomas Speddy – Wales Air Ambulance Bangor



John Willmott – Wild Elements



Chris Copeland – North Wales Society for the Blind



Glyn Owen – Eryri Young Farmers



Violet Duke – Wales Air Ambulance

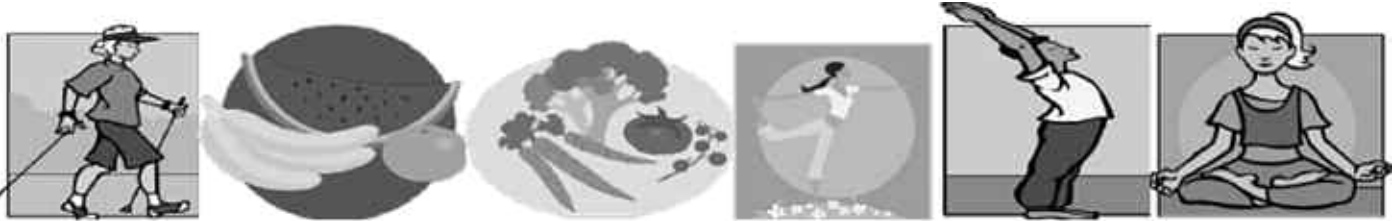


*Dafydd Roberts – 200 hours Millennium
Volunteers certificate*



**WYTHNOS GWIRFODDOLWYR
VOLUNTEERS' WEEK**

Good Health Event – 13 October, 2017



The **Good Health** event this year will be held at the
Glan Wnion Leisure Centre, Dolgellau on Friday the 13th of October 2017.

If you would like a table at this event, could you please contact Mantell Gwynedd on either
01286 672626 or **01341 422575**
or e-mail sioned@mantellgwynedd.com

North Wales Cancer Patient Forum

People with a personal experience of cancer are sharing their views and ideas to help improve our local services – would you be interested in helping?

The North Wales Cancer Patient Forum brings together cancer patients, family and friends, enabling their views to be heard and used to shape positive changes to local cancer care.

Over recent years the Forum has worked together with NHS doctors, nurses and managers, helping them to provide the quality of care that people want and need. The Forum has often been most effective when tackling the small changes that can make a big difference to the experience of a patient or carer.

How can you help?

- ◆ You are welcome to come along to one of the Forum meetings which in North West Wales take place once every two months in Ysbyty Gwynedd. Meetings offer a chance to hear about and share views on current 'hot topics' affecting cancer patients in the local area. The Forum is able to reimburse travel expenses and strives to include representatives from all communities.
- ◆ Even if you are unable to attend meetings, you can receive news updates and share your views via email.
- ◆ You can simply get in touch to share your experience of cancer services – what worked well and what could have been better.

If you have been affected by cancer your views are important and can help improve care and support for others. You can make a difference.

For more information, please get in touch:
01745 445 168 / pat.evans@wales.nhs.uk
or visit the website
www.northwalescancerforum.co.uk

North Wales Population Assessment – New Website!

The North Wales Social Care and Well-being Improvement Collaborative has a new website where you can find out all about the regional work taking place to improve social care and well-being. The site includes pages on the population assessment where you can download individual chapters of the report and newsletters. The Website will also be including updates on the population assessment regional plan as it develops - www.northwalescollaborative.wales

Social Prescription Initiative – Arfon Area

The Social Prescription scheme is available in the Arfon area and receives referrals from GPs and other health professionals. If you would like more information, please contact Rhian: Rhian.Griffiths@mantellgwynedd.com or **01286 672626 / 07940375467**

CYSWLLT CYMUNEDOL
CONTACT US
01286 672626
07940375467
LINC@MANTELLGWYNEDD.COM

**CYSWLLT
CYMUNEDOL
ARFON
COMMUNITY
LINK**



Why should we measure our social value?

Below are some of the reasons why measuring social value is important and how it can help you in the future.

1

IMPROVE FUNDING APPLICATIONS

– demonstrate the value for money created as a result of your work

2

LEGISLATION

– demonstrate your contribution to the new Wellbeing and Future Generations Act

3

IMPROVED COMMUNICATION

– informing internal and external stakeholders about your work

4

UNDERSTAND THE DIFFERENCE MADE

– see the change you are having on people's lives

5

IDENTIFY STRENGTHS & WEAKNESSES

– understand what is working well, and where improvements can be made

6

MEASURE PROGRESS

– understand if you are achieving your objectives and those of the people you work with

For more information about social value then please look at our brand new website which now has a dedicated area for Social Value Cymru
www.mantellgwynedd.com



@Value Cymru

Contact Social Value Manager: eleri@mantellgwynedd.com

Barchester Healthcare Foundation

Barchester Healthcare Foundation is accepting applications from small community groups and small local groups helping adults aged over 18 with mental and physical disabilities, and older people aged over 65. The Foundation's priority is continued from 2016: connecting or re-connecting people with others in their local community.

Applications that combat loneliness and enable people to be active and engaged will receive the highest priority throughout the year.

Grants of between £100 and £5,000 are available to groups in England, Scotland and Wales.

Applications can be submitted online at any time.

Further details are available from:

<http://www.bhcfoundation.org.uk/who-we-fund> or contact 0800 328 3328, email:

info@bhcfoundation.org.uk



THE AUSTIN AND HOPE PILKINGTON TRUST

Charitable organisations can apply for funding which directly supports the theme selected by the Trustees for that year.

The funding is intended to support organisations undertaking projects in a variety of fields and works on a three-year rotation system, with different fields of interests being funded each year.

The rounds for 2017 are as follows:

- ◆ Round 3: Music and the Arts. The application period is 1 - 31 July. Grants of £1,000 will be available to charities with an operational income of minimum £50,000 and maximum £1 million.

- ◆ Round 4: The Elderly. The application period is 1 September to 31 October. Grants of £5,000 will be available to charities with operational income of minimum £1 million.

Charities can only apply for one round per calendar year.

The Trust requests that applications are submitted as early as possible before the deadline so that the Trust has plenty of time to request any additional information if required.

Further details are available from:

<https://austin-hope-pilkington.org.uk/>

or email: admin@austin-hope-pilkington.org.uk



THE AUSTIN AND HOPE PILKINGTON TRUST

Thomas Howells Education Fund for North Wales

Thomas Howells Education Fund is a London based charity that considers funding applications from schools and organisations only in North Wales - who work with young people under the age of 25, and with children who are disadvantaged / underprivileged / excluded / isolated / from low-income backgrounds.

The professional panel from across the UK meet 3 times per year in March, June and October and with applications required **5 weeks before the published date**.

The application form is available on their website along with the fund criteria

<http://www.thedrapers.co.uk/Charities/Grant-making-trusts/The-Thomas-Howells-Education-Fund-for-North-Wales.aspx>

The next meeting takes place in October - with applications to be received no later than **8th September**.

Meetings after this take place in March and June.

Mantell Gwynedd Mobile Unit will be visiting the following events during the 2017 summer months



23 August

Meirioneth County Show – Tywyn

9 September

Trawsfynydd Agricultural Show – Trawsfynydd

Remember, you can hire the Mantell Gwynedd Mobile Unit for a very reasonable price

COST OF HIRING THE UNIT

Mantell Gwynedd Members:

£130 per day (50% reduction for each consecutive day thereafter).

Non Members:

£150 per day (50% reduction for each consecutive day thereafter).

You are welcome to contact us to discuss special rates e.g. hiring the Vehicle on a regular basis for a period of time (we could come to a very reasonable arrangement).

Contact us by:

e-mailing: enquiries@mantellgwynedd.com

phone: 01286 672 626

Or visit our website: www.mantellgwynedd.com



WCVA Training

Please visit www.wcva.org.uk

for information about training courses

MANTELL GWYNEDD TRAINING / EVENTS

Emergency First Aid Training

Date: 19-10-17

Venue: Memorial Hall Penygroes

All Wales Basic Safeguarding Awareness Training

Date: 25-10-17

Venue: Porthmadog Football Club

Level 2 Food Safety in Catering Course

Date: 31-10-17

Venue: Y Ganolfan, Porthmadog

To register your wish to attend please contact

Ellen on **01341 422575**

or ellen@mantellgwynedd.com

Or to discuss the training needs of your organisation contact **Delyth Rowlands**

on **01286 672626**

or delyth@mantellgwynedd.com

ROOMS TO LET

23-25 Y Bont Bridd,
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The Old Police
Station, Lombard St,
Dolgellau LL40 1SB



For more information contact:

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